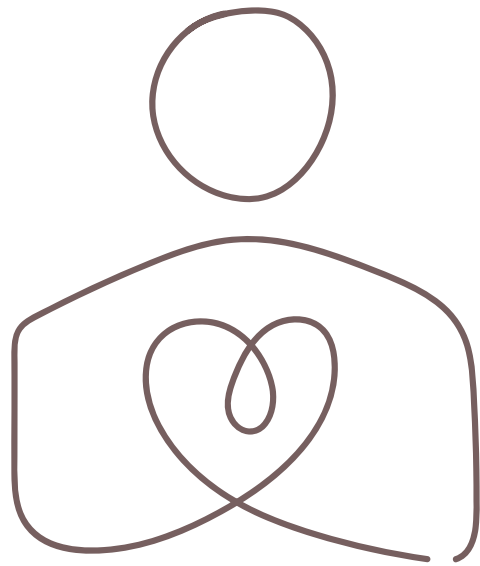


The Self-Care Savvy Journal



myselfhelphabit.co.uk

Meet yourself where you are...

Let's start by having a check-in.

How full is your cup right now? Colour it in and stop at the level you think you are at. Take a moment to reflect on why you have put yourself at this level. A full cup may mean that you are feeling really good and full of energy. An empty cup may signify that you are feeling depleted in some way and low in energy.

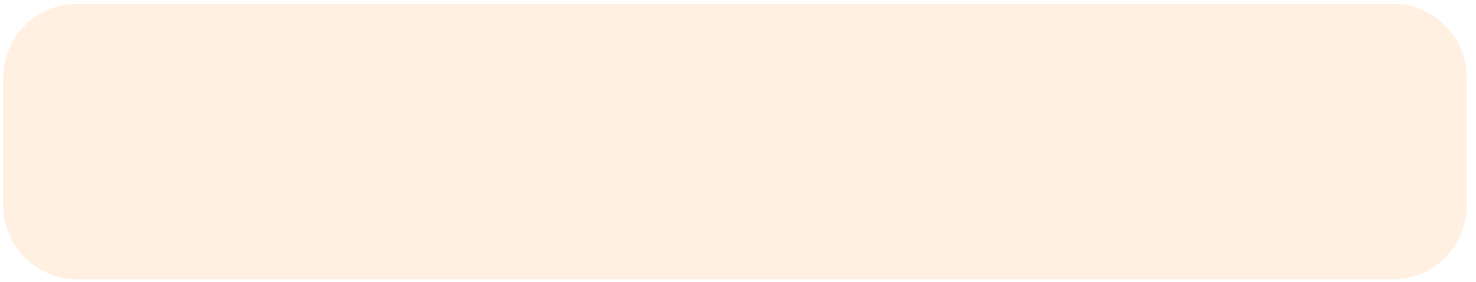


What do you need today? How are you going to ensure that you get what you need?

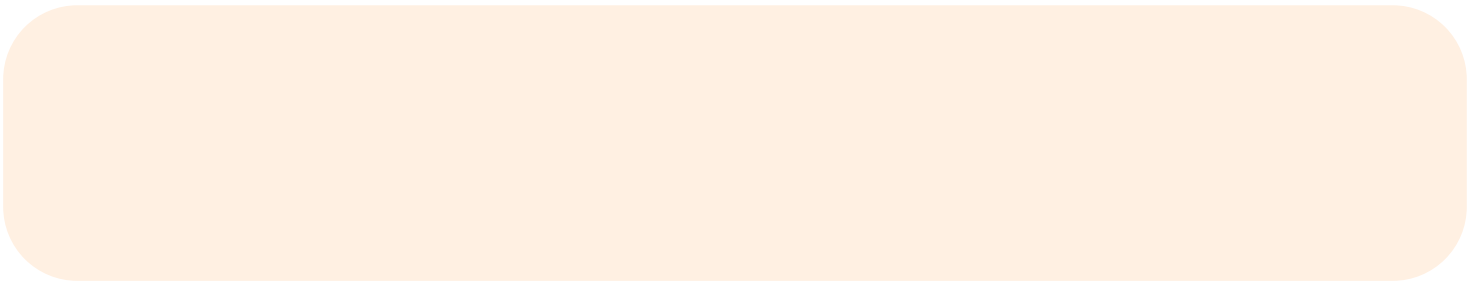
I need...

What does self-care look like in your life?

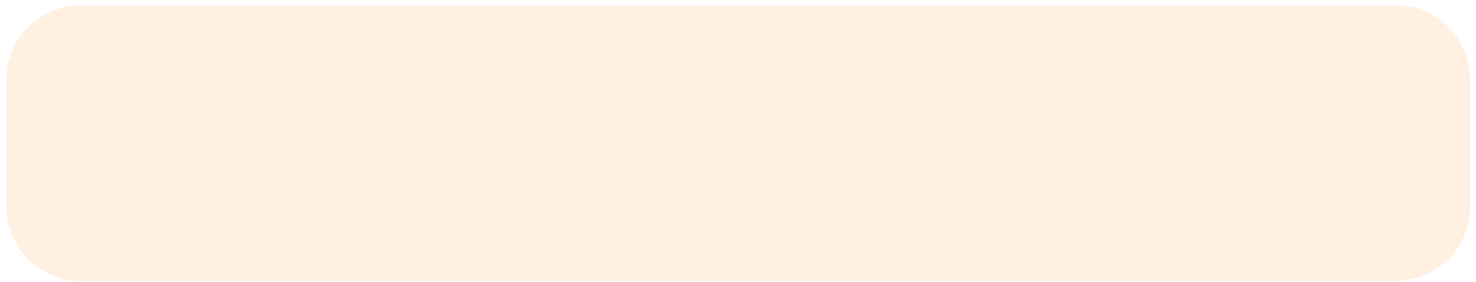
What are you already doing to take care of yourself?



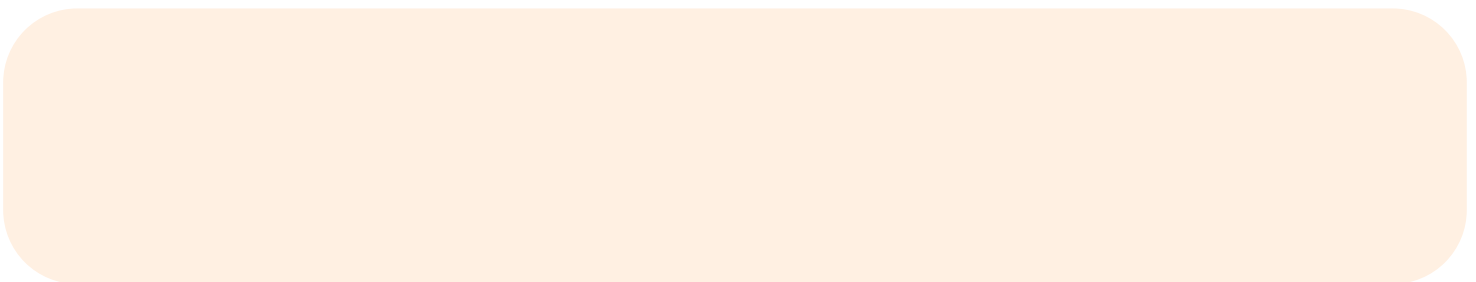
What is working well about your current approach to self-care?



What is not working so well?



What changes would you like to make?



What do you believe to be true about self-care?

What does the term 'self-care' mean to you?

What did you learn about self-care when you were growing up?

When have you let your self-care slide?

Why was that? What happened as a result?

In the middle of the page is the term 'self-care' around this write down all the thoughts or images that come to mind when you think about self-care. You could also wait until you do a self-care activity and record what goes through your mind before and even during the activity. You may come up with a mixture of both helpful and unhelpful beliefs about self-care.



Once you have all your thoughts on paper, acknowledge any positive and helpful beliefs you hold about self-care. You can remind yourself of these beliefs whenever you need to! Now, take a look at the beliefs that are hindering your self-care and question them.

- Where has this belief come from? Whose belief is it?
- What hard evidence do you have that this belief is true?
- What is the evidence that is not true?
- What is a more helpful, balanced and compassionate belief or thought that you could take forward instead?

Obstacles and Enablers

What prevents you from carrying out your self-care activities? If you haven't already got a regular self-care routine in place, why do you think that is? Write down the reasons below.

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What helps you (or would help you) to carry out your self-care activities? Think of times when you have been successful in doing so and why that was. For example, prioritising self-care over other tasks, preparing for the activity in advance, asking others for help, setting boundaries, etc.

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What are you going to start doing to make some space for self-care in your life?

What are you going to stop doing?

Build your self-care routine

If you have some self-care activities that you would like to do on a daily, weekly or monthly basis then start here...

What self-care activity would you like to build into your routine first?

Why have you chosen this activity? What benefit will it have?

Who else benefits from you taking care of yourself? How do they benefit?

When would be a good time to do this activity? How often?

Set yourself up for success

How will you remind yourself to do the activity?

What could stop you from carrying this activity out?

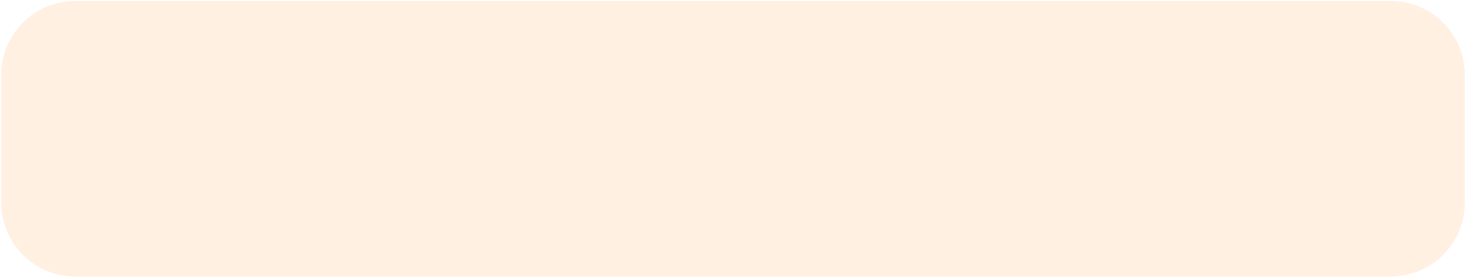
If any of these barriers occurred, what could you do to overcome them or prevent them from happening in the first place?

What support or resources will you need to carry this activity out?

Go through the questions on pages 6 and 7 again if there are any further activities that you would like to add to your routine.

Self-care at work

What is your attitude towards work? How might this impact on your self-care?



We can forget to take care of ourselves when we are busy at work, absorbed in our tasks, attending appointments, and wading our way through an endless To Do list. Take a look at the list of self-care ideas below, what could you do to take better care of yourself at work? Make a plan in the table below.

Self-care activity to be carried out at work	When or how often	What could stop me from doing this activity?	How will I overcome these barriers?

Self-care ideas for when you are at work

1. Move more during the working day
2. Request a Health & Safety or Occupational Health assessment
3. Drink a bottle of water throughout the day
4. Bring in healthy lunches and snacks
5. Book some annual leave
6. Pause before I say 'yes' to a request
7. Leave work on time
8. Communicate my boundaries to colleagues
9. Clean and tidy my workspace
10. Allocate time to do that important task I've been putting off
11. Learn an effective way to manage my tasks
12. Book in a time to have that difficult conversation
13. Focus on what is within my control and influence
14. Join a staff or other professional network
15. Take my lunch break away from my desk
16. Do not take work home with me
17. Use the commute to unwind
18. Book onto a course that will develop my skills and improve my career prospects

Self-Care SOS

Although self-care should be a non-negotiable, 'given' in our daily lives, there may be times when we need some extra TLC. It can be helpful to recognise the situations and signs that alert you to the fact that you need to ramp up your self-care.

My Top Triggers

(What situations trigger the need for some additional self-care? E.g. illness, arguments, bad news, busy periods at work, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

I know I am in need of some extra TLC when...

(What physical symptoms or behaviours do you notice? E.g. irritability, fatigue, headache, etc.)

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When things are difficult, and I am in need of some TLC, my top 5 self-care activities are:

- 1.
- 2.
- 3.
- 4.
- 5.

My Support Network

List the people, groups or organisations who can support and encourage you during difficult times.

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